

## Conference on Diabetes Prevention

November is Diabetes Awareness Month.

To provide awareness and education, the IHS Diabetes and Diabetes Prevention programs will be collaborating with the Senior Wellness program and Community Health Services to present the 2014 Warm Springs Diabetes Awareness conference.

The program will be held at the Agency Longhouse from 9 a.m. to 2 p.m. on Wednesday, Nov. 5. Wilson Wewa will serve as master of ceremonies.

Registration, blood sugar

screenings, coffee and a light snack will be from 9-9:30 a.m.

Joshua Russell, Pharmacy resident, will present on taking and ordering diabetes medications.

Juanita Simpson will present on the consequences of poor oral hygiene, and how to improve the health of your teeth and gums. Jennifer Russell will lead a low-intensity exercise program.

While participants are enjoying a healthy lunch, dietician Kacey Conyers will show a short document film, "The Power to Heal Diabetes: Food

for Life in Indian Country."

The film shows how three individuals and their families used dietary changes to eat their way back to good health.

Following the film Kacey will lead a question and answer session concerning the ideas presented in the film.

The conference will conclude with an hour of Bingo with prizes from the Diabetes Prevention programs.

Registration is free, and all community members are invited to attend.

## Indian Business Talk

### Problem solving in business, personal finance

By Bruce Engle

Loan officer

W.S. Credit Enterprise

our times tables through the 10s and a little memory work is all we need.

It's no big deal!

Fishing with a dip net or weaving a basket would both be more difficult. Personal disclosure—I have not done either but would like to dip a bit.

I never got any feedback, good or bad, about the articles from any of the kids. Probably it's because few if any of them would have been inclined to read anything titled "Indian Business Talk" unless an adult put them on to it.

A couple adults said I messed them up, but they had their own mental math ways that work fine for them.

Okay, I'm going to give it one more shot for the kids, and I'll also make my point about finding alternative ways to solve problems.

Parents, you might help here. Please, point them this way today.

This one works for multiplying any number—eleven through nineteen—by any other number from that same list.

Our first example will be  $13 \times 18$  equals?

1. Take the first number (13) and add the last digit of the next number (8) to it ( $13+8=21$ )

2. Multiply that by 10 to get 210 and then

3. Add the product of the last digit of each number ( $3 \times 8=24$ ) to 210 to get your answer of 234.

It's your turn now. Do  $12 \times 19$ ;  $14 \times 17$ ;  $15 \times 16$ ; and  $14 \times 15$ .

You noticed there is some multiplying by eleven in this possible series. Do eleven times 18 the new way and compare it with the old way from a few months back.

Remember, the old way had the first number of the answer be the one from the 18, and the middle number being the sum of the first and last numbers from the 18 ( $1+8=9$ ), and the last number of the answer being the last number from the 18 (the 8) for an answer of 198.

Which way is easier for you?

You now know two ways to do your elevens. How's that for alternatives?

Those "messed" up adults would do it a third way. They would take 10 times the first number and add one times the second to get the same

answer.

Notice how cleverly I left out  $15 \times 15$  for you to do. Remember how that goes the old way?

The first number in your answer is the product of next higher number if you were counting from the first number in the problem times that first number ( $2 \times 1=2$ ) and then you tack on 25 behind the 2 to get 225. The new way is,  $15+5=20$ , and  $10 \times 20=200$  and then  $5 \times 5=25$  to be added to the 200 to get the final answer of 225.

Now you have two ways to square the number fifteen. Which way is easier for you?

A third alternative might be to think  $10 \times 15=150$  and  $5 \times 15=75$  therefore the answer is  $150+75$  or 225.

Are there others? How about  $5 \times 15=75$  then  $3 \times 75=225$ ? Or, how about  $3 \times 15=45$  and then  $5 \times$  that  $45 = 225$ ?

They all work! The choices are yours—all from alternatives.

Maybe the lesson to be learned is that often there are more possible ways to solve problems than we have been taught. Our job can be to find them.

Here is an example from last week.

Amy was putting packages away just as I walked into the office kitchen. She had a little space at the top of the locker and tried to put the last package in on its side. It wouldn't go. Helpful guy that I am, I suggested she start the next locker with a package on its side and put the rest in on their ends.

Bright gal that she is, she immediately took out two from the locker she was working on; put one back in on its side and put two more in on their ends. Then, she went on to the second locker.

Guys, nod once if you too have been one-upped.

Learning new ways to solve problems or deliver services can be helpful. Think of discovery as both a process and a goal.

If you are the one to create a new product or procedure, you may profit — hugely.

We didn't have computers and hand held calculators when I was in high school.

Now the whole world has them.

## Meeting on minors' trust

There will be an update on the minor trust fund this Wednesday, October 29, at the Community Center.

Dinner will be at 6 p.m., and the meeting starts at 7 p.m. The meeting is sponsored by the Education Department and tribal management.

Tribal members who graduated in the high school class of 2014 should bring your diploma and transcripts to the Vital Stats office at the tribal administration office.

## To the Eagles

Congratulations to Aaliyah Martinez and team members. Great job all you Eagles.

Love, the Polk family and all who made it to watch you lil' ones. Keep up the good work!



## Births

Shane Walter Hellon

Lee and Renee Hellon of Madras are pleased to announce the birth of their son Shane Walter Hellon, born on October 16, 2014.

Shane joins brother Lazarus, 4.

Grandparents on the father's side are Leo and Vicki Hellon of Warm Springs.

Grandparents on the

mother's side are Don and Ellen Courtney of Madras.

Ester Marie Mireles

Andrew and Allegra Gilbert of Warm Springs are pleased to announce the birth of their daughter Ester Marie Mireles, born on October 15, 2014.

Ester joins brother Thomas, 4; and sisters Cheylene, 5. Another sister, Dory, has passed.

Grandparents on the father's side are Nancy Crawford of Warm Springs, and the late Thomas Mireles Jr. of Warm Springs.

Grandparent on the mother's side is Amanda Robinson of Warm Springs.

Armando Rey Torres

Noel Torres and Sabrina Plazola of Madras are pleased to announce the birth of their son Armando Rey

Torres, born on October 2, 2014.

Armando joins brother Emmanuel, 2, and sister Nayeli, 6.

Grandparent on the father's side is Teresa Diaz of Madras.

Grandparents on the mother's side are Lalani Wolfe and Thomas Charley of Madras; and Laura Sahme of Madras, and the late Jose Plazola.

## Job Readiness: session 2 starts this week

(Continued from page 4)

They all share valuable information about each of these services and resources.

Jackie Minson also provided information about the Americans with Disabilities Act regulations; so participants can better understand disability rights, employment laws/opportunities, and services.

"We are encouraging all employers and enterprises to provide information for the mini job fair at the training site," Marcia said.

During the first sessions,

Indian Head Casino and Power & Water Enterprises did a great job during the first session.

Enterprises presented an overview so that participants better understand their enterprise, their missions and goals, employment opportunities and expectations.

Other training components are:

Work standards and ethics; communications, customer service, confidentiality, policy/procedures compliance, responsibility on a team,

and information about computer literacy.

"We have a nifty session on 'What it takes to be an Effective Employee and Preparing yourself for Advancement into other opportunities,'" Marcia says.

Also there is a session to create interactive discussion on "What Can You do to contribute to a Better Individual and Tribal Future?"

You can register now for session 2, which starts this week.

Training will be held on Mondays and Wednesdays, 8

a.m.-5 p.m., into November.

Register at Warm Springs Vocational Rehabilitation, located at the industrial park, between Forestry and Fire Management.

For information call Sharon Jones, 541-553-4952.

Email: sharon.jones@wstribes.org

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